

Carlsbad Paradise Café by the Sea

September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Labor Day Holiday Menu subject to change Reservations: 760-602-4655 ** = 500+MG * = 300-500 MG Sodium	4 Penne with Grilled Sausage** Marinara Sauce Zucchini Caesar Salad Garlic Bread Cantaloupe <u>Armchair Theater:</u> <u>"Meet Me in St. Louis"</u> 1 & 3 p.m. in TV Lounge	5 Salmon with Hollandaise Sauce Parsley Potatoes Broccoli & Carrots Wheat Bread Ice Cream with Peaches <u>Alternate Salad</u> Southwest Chicken Salad, Red Peppers, Orange	6 Margarita Chicken Salsa Fresca Cumin Rice Black Beans* Romaine Salad Orange	7 Ginger Beef with Mushrooms Sesame Garlic Green Beans & Carrots Stir Fried Noodles Asian Cabbage Salad Pineapple
10 Swedish Meatballs* Creamy Dill Sauce Parsley Potatoes Spinach Garlic Bread Fresh Fruit	11 Chicken a l'Orange Herbed Rice Peas & Carrots Mixed Green Salad Dinner Roll Ice Cream with Banana	12 Pork a la Griotte with a Cherry Cream Sauce Bowtie Pasta California Vegetables Peach Cobbler <u>Alternate Salad</u> Grilled Chicken Salad, Carrots, Melon	13 Salisbury Steak Mashed Potatoes Gravy* Fiesta Corn French Bread Fresh Fruit <u>Monthly Movie:</u> <u>"Jumanji: Welcome to the Jungle"</u> 1 p.m. in Auditorium 3 p.m. in TV Lounge	14 Chicken Fajitas Mexican Rice Refried Beans* Shredded Lettuce, Diced Tomato, Sour Cream Flour Tortillas Orange
17 Dijon Chicken Chicken Breast in a Mustard Cream Sauce Rice & Lentil Pilaf Broccoli Fresh Fruit Cookie	18 Beef Stew Carrots, Onions, Celery Parsley Potatoes Mixed Vegetables Mixed Green Salad Dinner Roll Pears with Chocolate Sauce <u>Armchair Theater:</u> <u>"Learning to Drive"</u> 1 & 3 p.m. in TV Lounge	19 Linguini with Clam Sauce** Caesar Salad Spinach Parmesan Garlic Bread Mandarin Oranges <u>Alternate Salad</u> Oriental Chicken Salad, Carrots, Mandarins	20 Pecan Chicken Mashed Potatoes Chicken Gravy* Green Beans Carrot Raisin Salad Roll Cinnamon Apples	21 Texas BBQ Beef Baked Potato Sour Cream & Scallions Corn Ice Cream with Berries 
24 Penne with Chicken Pesto Sauce Italian Vegetables Spinach Salad with Mandarins Garlic Bread Pudding	25 Gyros** Seasoned Beef & Lamb Yellow Rice Zucchini with Tomatoes Greek Salad Tzatziki Sauce Pita Bread Melon <u>Armchair Theater:</u> <u>"A Dog's Purpose"</u> 1 & 3 p.m. in TV Lounge	26 Open Faced Cubano Sandwich** Pea Soup Sweet & Sour Cabbage Salad Crackers* Melon <u>Alternate Salad</u> Tuna Salad Plate, Carrots, Melon	27 Meatloaf Mashed Potatoes & Gravy* Peas & Carrots Stewed Tomatoes Dinner Roll Pineapple	28 Curried Chicken Rice Mixed Vegetables Broccoli Salad Mandarins Ice Cream

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For information call: 760-602-4650



The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior guests** of seniors.

Advance reservations can be made in person, by calling 760-602-4655. Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling 760-602-4655.

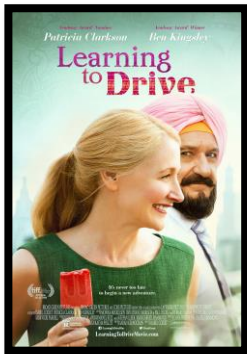


Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call 760-602-4650.

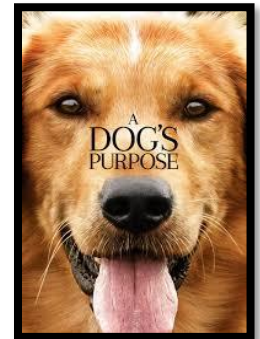
Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays.

Appointments must be made in advance.

For all transportation reservations, call 760-602-4650.



Wednesdays, transportation is available for shopping. Call 760-602-4650 for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.



No eligible person will be denied a meal or transportation because of failure or inability to contribute. This program is

supported by the City of Carlsbad and the Older Americans Act funds through San Diego County Aging & Independence Services.

SEPTEMBER SENIOR SPECIALS

9/4	1 to 3 p.m.	Armchair Theater's Classic Movie Tuesday: "Meet Me in St. Louis"
9/6	1:30 to 3:30 p.m.	Monthly Dance: The Pier Group, sponsored by Las Villas de Carlsbad. \$4.
9/10	9:15 to 10:30 a.m. 11:30 a.m. to 12:30 p.m. 1 to 2:30 p.m.	Primordial Sound Meditation (Intro 9:15 to 9:30) New Class! * Master Stress and Pain without Drugs \$56.70 R & \$63 N/R Book Club: "A Dog called Hope," Jason Morgan
9/13	1 to 3 p.m.	Monthly Movie: "Jumanji: Welcome to the Jungle"
9/17	1 to 3 p.m.	Senior Readers Theater meeting
9/18	1 & 3 p.m.	* Armchair Theater: "Learning to Drive"
9/19	10 to 11:15 a.m. 10 a.m. to 12 noon 1 to 2:15 p.m.	Google Maps – Part 2 NEW! * Ask the Pharmacist Google Earth – Essentials NEW!
9/20	10 to 11:30 a.m.	Seminar: How to Prevent Another Fall , by Dr. Nicholas Raulino DPT
9/21	1:30 to 3 p.m.	New Class! English Conversation – all levels: Beginners to advanced - Free!
9/25	10:30 to 11:30 a.m. 1 & 3 p.m.	Successful aging in place: Healthcare Options * Armchair Theater: "A Dog's Purpose"
9/26	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Google Photos – Tips and Tricks New! Backup Strategies

* Requires reservations